

Sheltering in Place Support for Older Adults in Isolation

Most older adults have lived through some type of disaster in their lives and can be a source of inspiration and calm to their families, friends, and neighbors. However, probably no one has lived through a global pandemic. Older adults are especially affected by the demands of Sheltering in Place orders. Day-to-day life may already require outside assistance due to chronic health conditions or decreased abilities, so pandemic requirements may add more stress to someone's ability to cope and function. Older family members and friends are very susceptible to the ill effects that increased isolation and loneliness place on their health and resilience. If someone you know is struggling, please help them reach out. And remember that even just five minutes of supportive listening can make a difference in a person's outlook.

Friendship Line – Institute on Aging: Free, 24-hour connection for older adults age 60+ who are feeling bored, lonely, anxious, depressed or all of the above. Speak with experienced, warm, trained volunteers. For more information, call 1-800-971-0016 or visit www.ioaging.org.

Well Connected: Call to sign up and learn how to access a wide variety of free activities and groups, most lasting about 30-60 minutes. They offer lifeline learning classes, support groups, meditation, and more. For more information, call 1-877.797.7299 or visit www.covia.org. Register at coviaconnections@covia.org.

Santa Clara County Behavioral Health Services Call Center: Help available for people in crisis, 24-hours, 7-days a week via Santa Clara County's mental health network. Access to their Mobile Crisis Response Team, Mental Health Urgent Care, as well as non-emergency services. For more information, call 1-800-704-0900 or visit <https://www.sccgov.org/sites/bhd/gethelp/Adults/Pages/home.aspx>.

Alzheimer's Association – No. California and No. Nevada Chapter: Support and resources for individuals with dementia and their families. For more information, call 1-800-272-3900 or visit https://www.alz.org/norcal/helping_you.

Santa Clara Senior Center – Health & Wellness Program: For non-emergency problem-solving help. Staff available by phone or email only, Monday – Friday. Please contact Mallory at 1-408-615-3180 or email mvonkugelgen@santaclaraca.gov.



City of Santa Clara

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